V.3

FLEXY SERIES

HAMSTRING FLEXIBILITY

MOVEMENT BY DAVID

TABLE OF CONTENTS

PREFER USING AN APP?

Follow along for free on the Ganbaru App!

Tap for Android here.

Tap for Apple here.

01 **Welcome!**
A quick introduction by me

02 **The Program**
What to expect from the program

03 **FAQs**
Questions that come up and my feedback

04 **Week 1**
Welcome to week 1. Each workout day is structured with detailed exercises, sets, repetitions, and duration information.

05 **Week 2**
Welcome to week 2. Each workout day is structured with detailed exercises, sets, repetitions, and duration information.

06 **Week 3**
Welcome to week 3. Each workout day is structured with detailed exercises, sets, repetitions, and duration information.

07 **Week 4**
Welcome to week 4. Each workout day is structured with detailed exercises, sets, repetitions, and duration information.

08 **Congratulations!**
You have successfully completed this program.

09 **Premium Content**
Continue your flexibilty journey with premium content.

Tap to Navigate

Welcome!

Over the next four weeks, this program will guide you to remarkable improvements in hamstring flexibility. Your dedication to this journey is pivotal as you navigate through this ebook. Picture the outcomes: fluid movement, deep ranges of motion, and greater athleticism. By fully committing, you invest in your long-term well-being and unlock your potential. Remember, each stretch and exercise propels you toward a healthier, more vibrant self. Wishing you the best of luck, and remember to STAY FLEXY. - David

ABOUT THE PROGRAM

GOAL

This program aims to make your hamstrings more flexible.

DIFFICULTY LEVEL

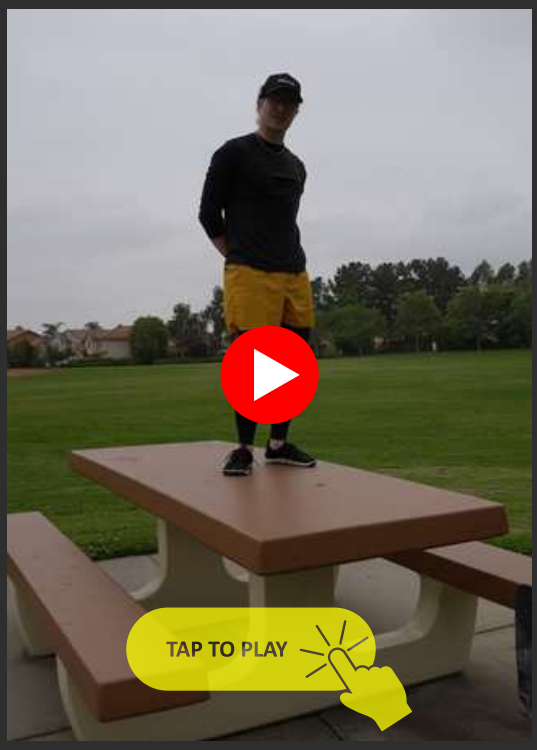
This is fundamentally a beginner-oriented program designed to give you the least amount of work and the most gains.

DURATION

This program spans over four weeks, during which you'll engage in three separate workouts per week, each on different days.

Tap to play

This program includes instructional videos! Tap on this icon to play the videos!



THE WARM UP

Always Warm Up!

Before each workout session, please complete this warm up routine to ensure safety and optimal performance.

EXERCISE	SETS	REPS
Hamstring Over Step	1	10
Elephant Walks	1	30

FAQS

01 How long should I continue the program after the initial four weeks?

You can keep doing this program again and again as long as you want! But if you stop seeing progress, it's time to level up. Paid programs here!

02 If I miss a day in the routine, what should I do?

You can perform the stretching routine on any three days of the week as long as you complete them within the week. If you miss a day, you can continue on the next day. Consistency is important.

03 Is it possible to modify the program if I have pre-existing mobility issues?

Modifying the program is possible. However, if you have pre-existing mobility issues, it's crucial to consult a healthcare professional or a qualified instructor. They can provide tailored modifications and exercises to ensure a safe and effective practice.

04 Is it normal to feel discomfort while doing stretches?

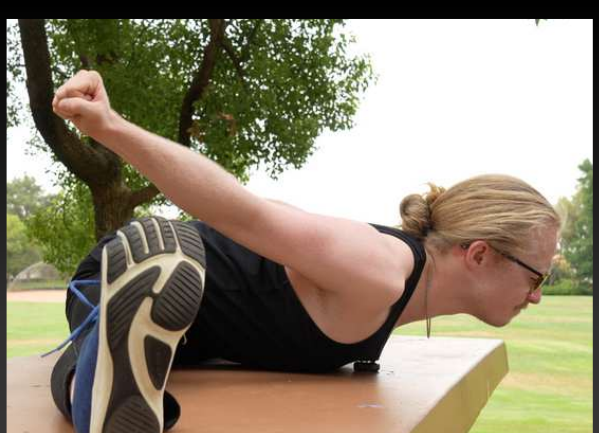
Stretches may cause slight discomfort, but they should never be painful. Listen to your body, modify stretches if needed, and avoid pushing beyond your limits.

05 Is warming up before these exercises necessary?

If you want to get the most out of this ebook... yes. But I have a warmup video you can follow here.

06 Is it okay to pair these exercises with other types of exercise?

Yes! :)



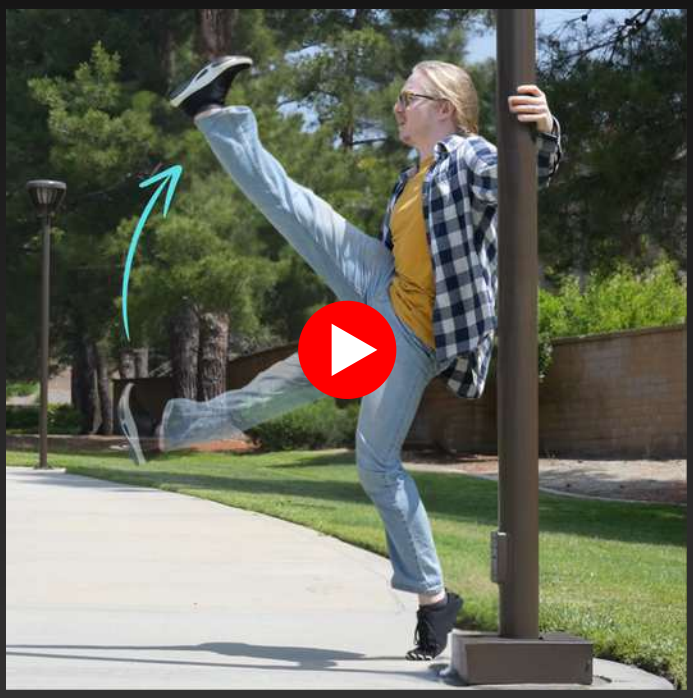
WEEK 1

WEEK 1 DAY 1

WARM UP

1 Hamstring Kick

Sets 1 Reps 10 Each Side

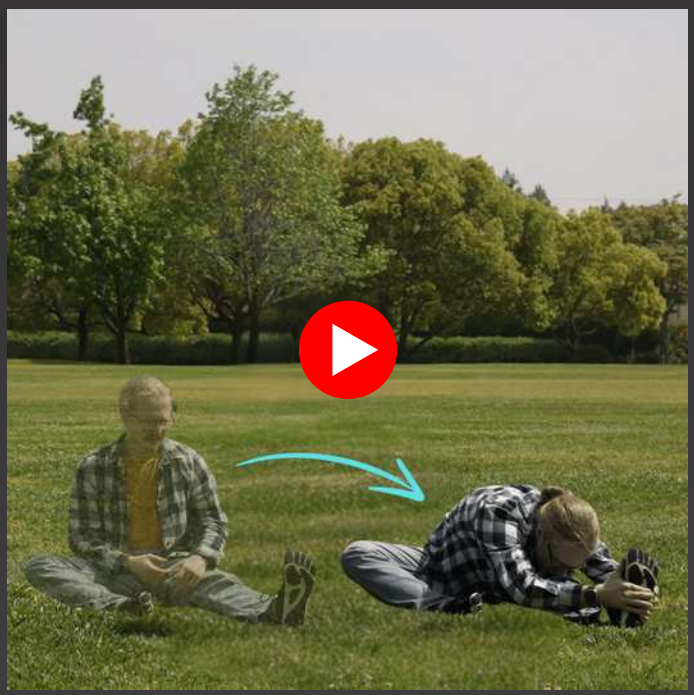


2 RDL

Sets 2 Reps 10

3 Single Leg Hamstring Stretch

Sets 2 Time 30 Seconds



WEEK 1 DAY 2

WARM UP

1 Roll Down

Sets 1 Reps 5

2 Active Hamstring Lunge

Sets 2 Time 30 Seconds

3 Basic Toe Touch

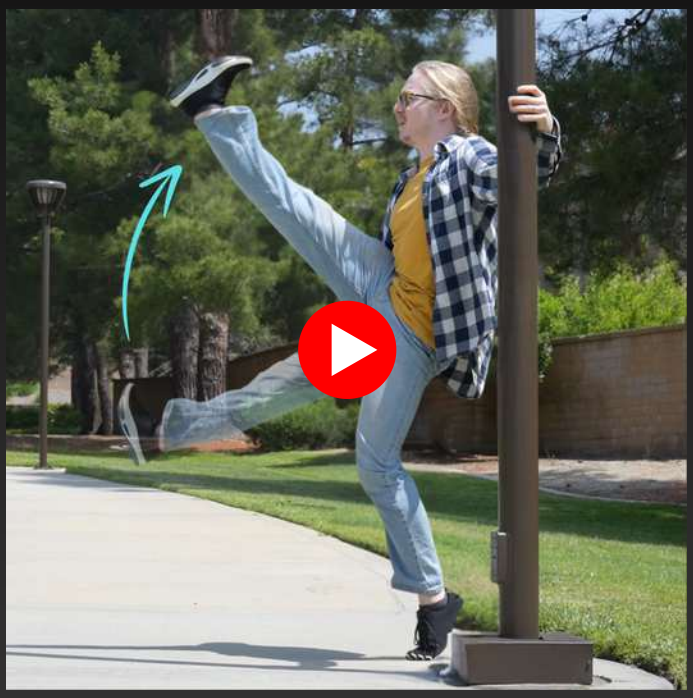
Sets 2 Time 30 Seconds

WEEK 1 DAY 3

WARM UP

1 Hamstring Kick

Sets 1 Reps 10 Each Side

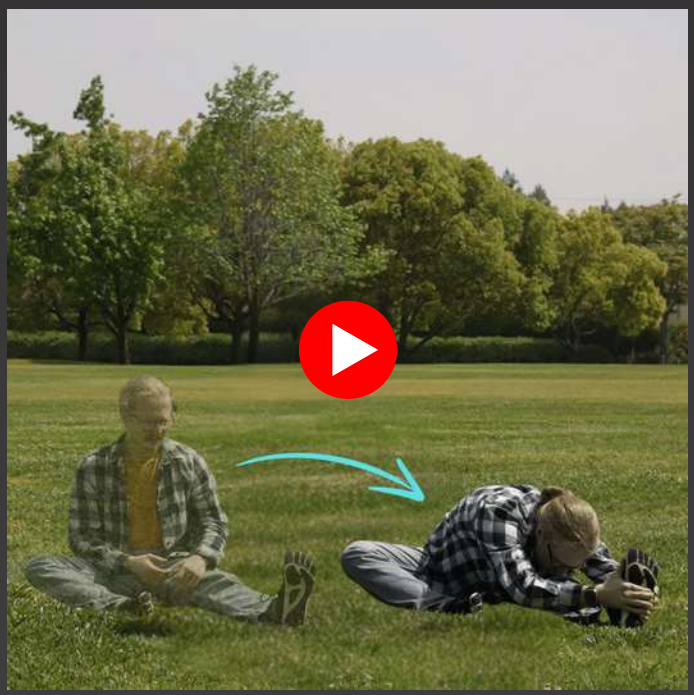


2 RDL

Sets 2 Reps 10

3 Single Leg Hamstring Stretch

Sets 2 Time 30 Seconds



WEEK 2

WEEK 2 DAY 1

WARM UP

1 Roll Down

Sets 1 Reps 5

2 Active Hamstring Lunge

Sets 2 Time 30 Seconds

3 Basic Toe Touch

Sets 2 Time 30 Seconds

WEEK 2 DAY 2

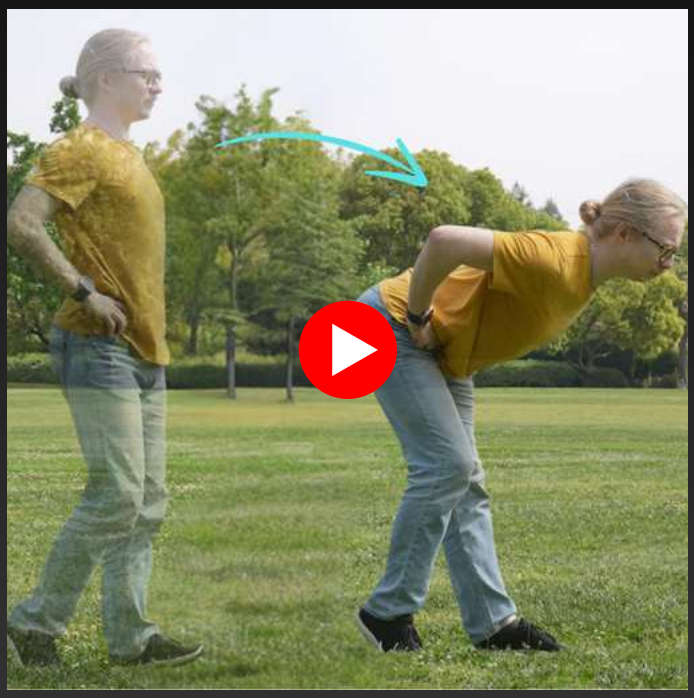
WARM UP

1 Hamstring Choke

Sets 1 Reps 10

2 Single Leg RDL

Sets 2 Reps 10



3 Flat Back Hamstring Stretch

Sets 2 Time 30 Seconds

WEEK 2 DAY 3

WARM UP

1 Spine Stretch

Sets 1 Reps 10

2 Kneeling Hamstring Good Morning

Sets 2 Reps 10

3 Pancake

Sets 2 Time 30 Seconds

WEEK 3

WEEK 3 DAY 1

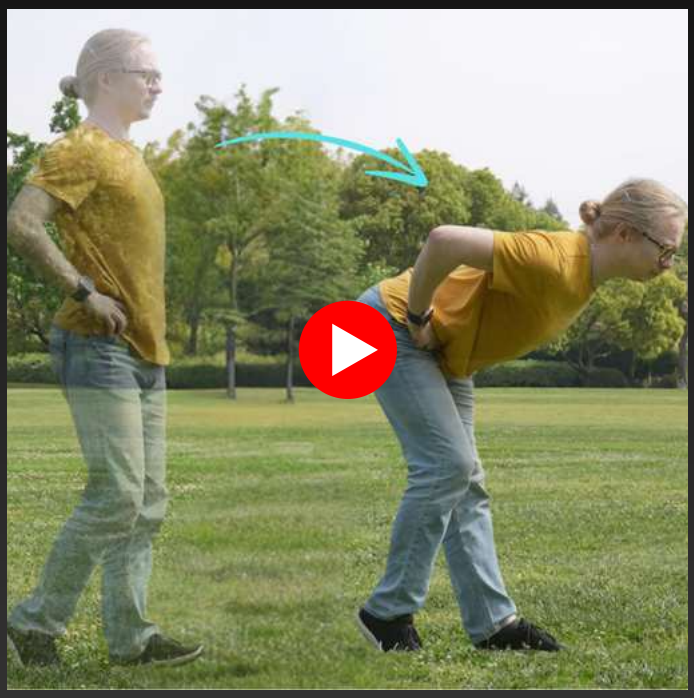
WARM UP

1 Hamstring Choke

Sets 1 Reps 10

2 Single Leg RDL

Sets 2 Reps 10



3 Flat Back Hamstring Stretch

Sets 2 Time 30 Seconds

WEEK 3 DAY 2

WARM UP

1 Spine Stretch

Sets 1 Reps 10

2 Kneeling Hamstring Good Morning

Sets 2 Reps 10

3 Pancake

Sets 2 Time 30 Seconds

WEEK 3 DAY 3

WARM UP

1 Crossbody Leg Swings

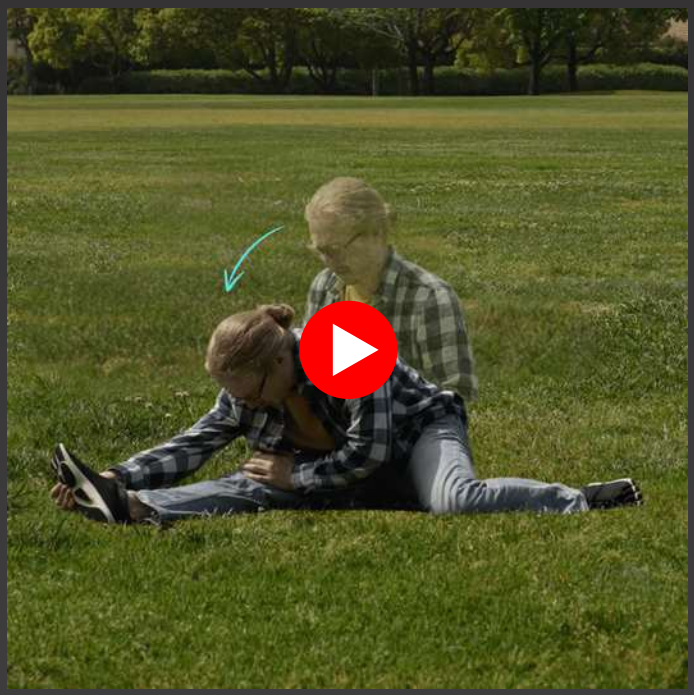
Sets 1 Reps 10

2 Standing Pancake

Sets 2 Time 30 Seconds

3 Hurdler Stretch

Sets 2 Time 30 Seconds



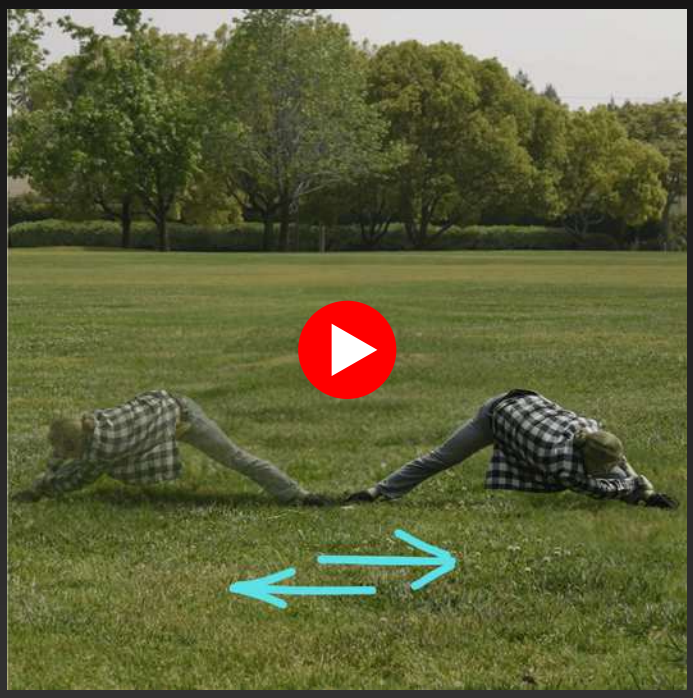
WEEK 4

WEEK 4 DAY 1

WARM UP

1 Standing Pancake Shift

Sets 1 Reps 10



2 Double Elephant

Sets 2 Reps 10

3 Sit and Reach Hold

Sets 2 Time 30 Seconds

WEEK 4 DAY 2

WARM UP

1 Crossbody Leg Swings

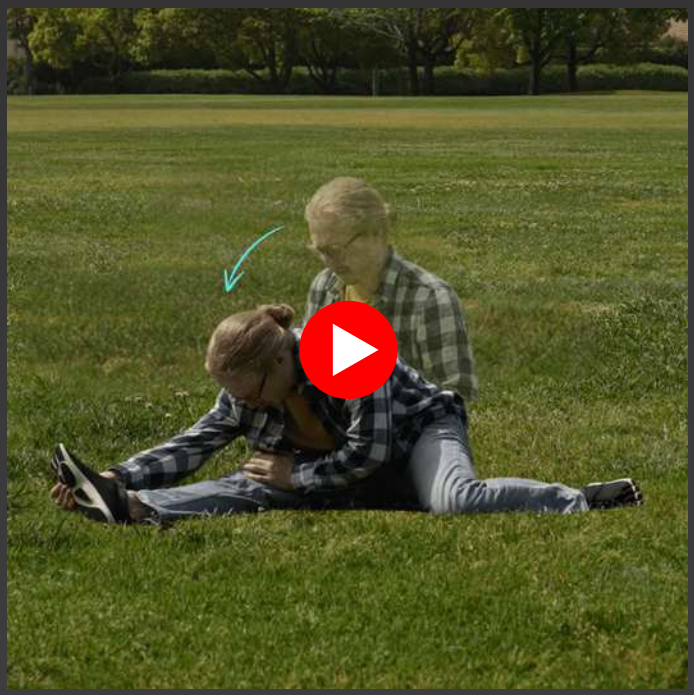
Sets 1 Reps 10

2 Standing Pancake

Sets 2 Time 30 Seconds

3 Hurdler Stretch

Sets 2 Time 30 Seconds

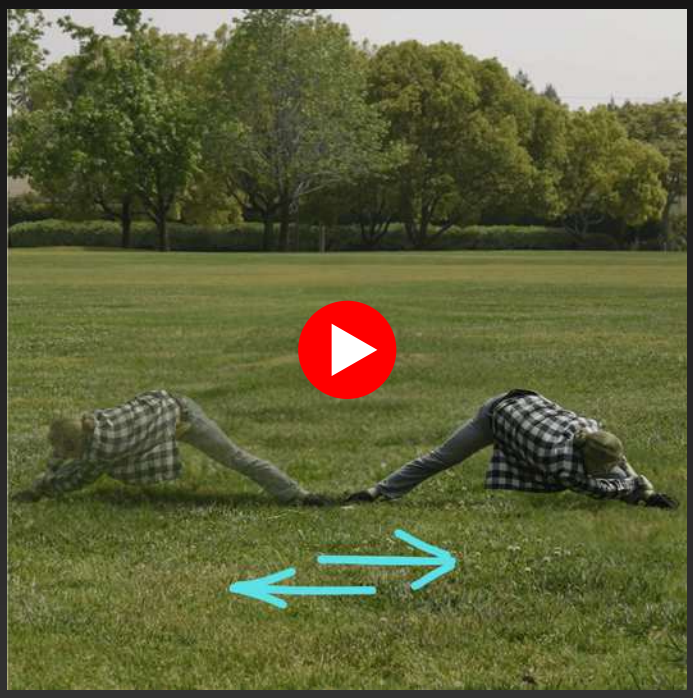


WEEK 4 DAY 3

WARM UP

1 Standing Pancake Shift

Sets 1 Reps 10



2 Double Elephant

Sets 2 Reps 10

3 Sit and Reach Hold

Sets 2 Time 30 Seconds

CONGRATULATIONS!

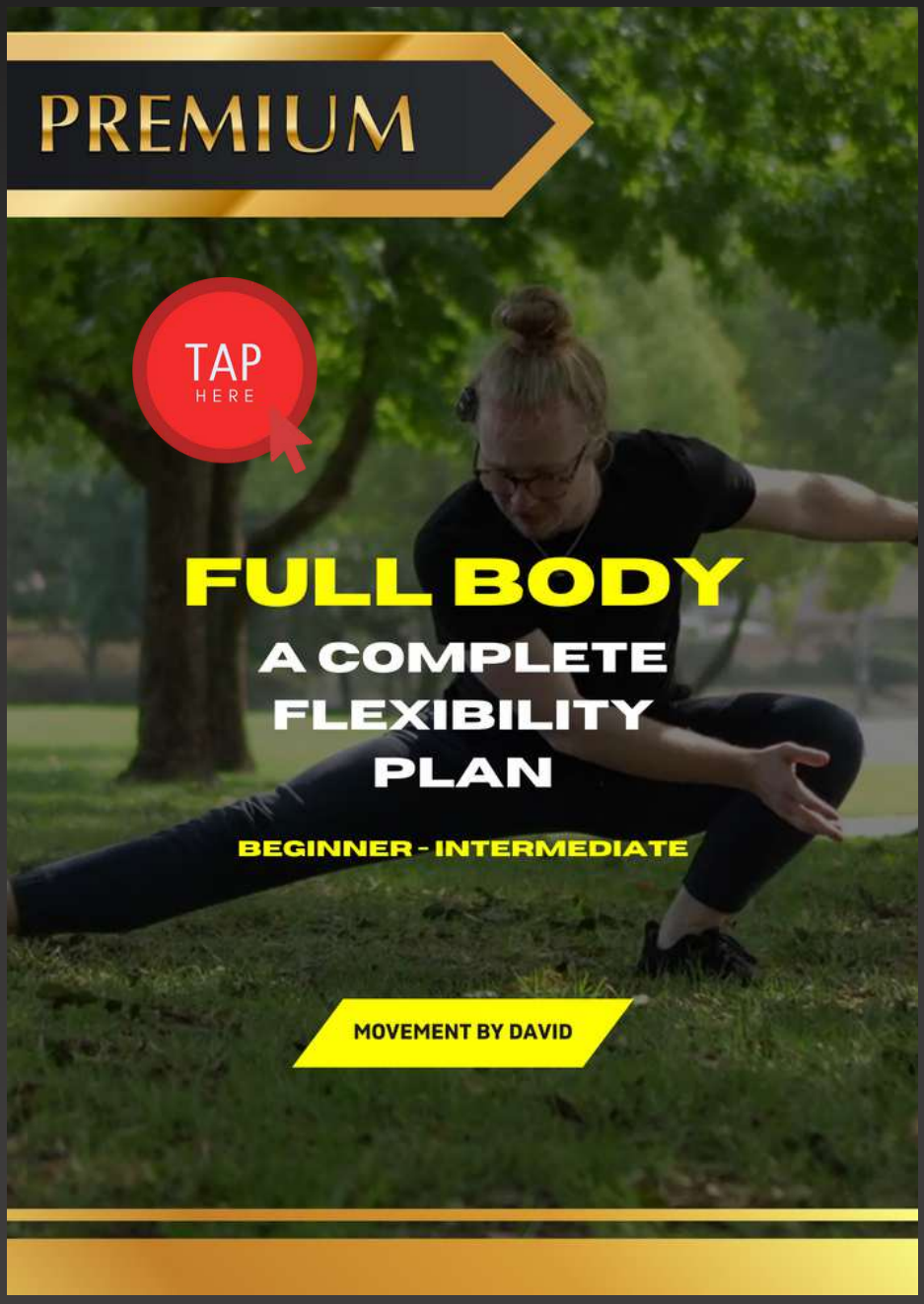
Great job finishing the Program! You are more than welcome to repeat it as long as you are making progress! But if you stop making gains, it's time for an upgrade. Below are 12-week programs from me on Ganbaru. Ganbaru is a comprehensive health and fitness app that streamlines nutrition and training. And the best part... you get more than just my programs!

USE CODE "FLEXYBOOKS"
FOR 50% OFF! DON'T FORGET!

I've partnered with top coaches specializing in bodybuilding, calisthenics, CrossFit, and gymnastics on Ganbaru to offer you a comprehensive fitness experience that addresses all your needs. Incorporate my programs alongside others to enhance flexibility, strength, fitness, and overall health!

PREMIUM EBOOK

*Prefer this eBook format over the Ganbaru app? No problem! I created **FULL BODY: A COMPLETE FLEXIBILITY PLAN**—a premium 4-week program designed to help you achieve complete flexibility. With guided routines, embedded instructional videos, and a step-by-step structure, it's everything you need in one easy-to-use eBook.*



DISCLAIMER

David Thurin, while knowledgeable in health and fitness matters, is not a licensed medical professional or registered dietitian. The information provided in this document is for educational purposes only and should not be construed as medical advice. It is not intended to diagnose, treat, cure, or prevent any health condition, nor is it a substitute for professional medical guidance. Always seek the advice of your physician or qualified healthcare provider regarding any health concerns.

The use of the information contained in this program is at your own risk. David Thurin and/or Movement By David LLC shall not be held liable for any direct or indirect losses or damages that may arise from the reliance on or use of this information, including but not limited to economic loss, injury, illness, or death.

Furthermore, all documents exchanged between David Thurin and the Client are the intellectual property of Movement By David LLC and are protected under copyright law. They are not to be reproduced, sold, or distributed without explicit written consent from David Thurin.